

Name: _____

How can I Cope with change?

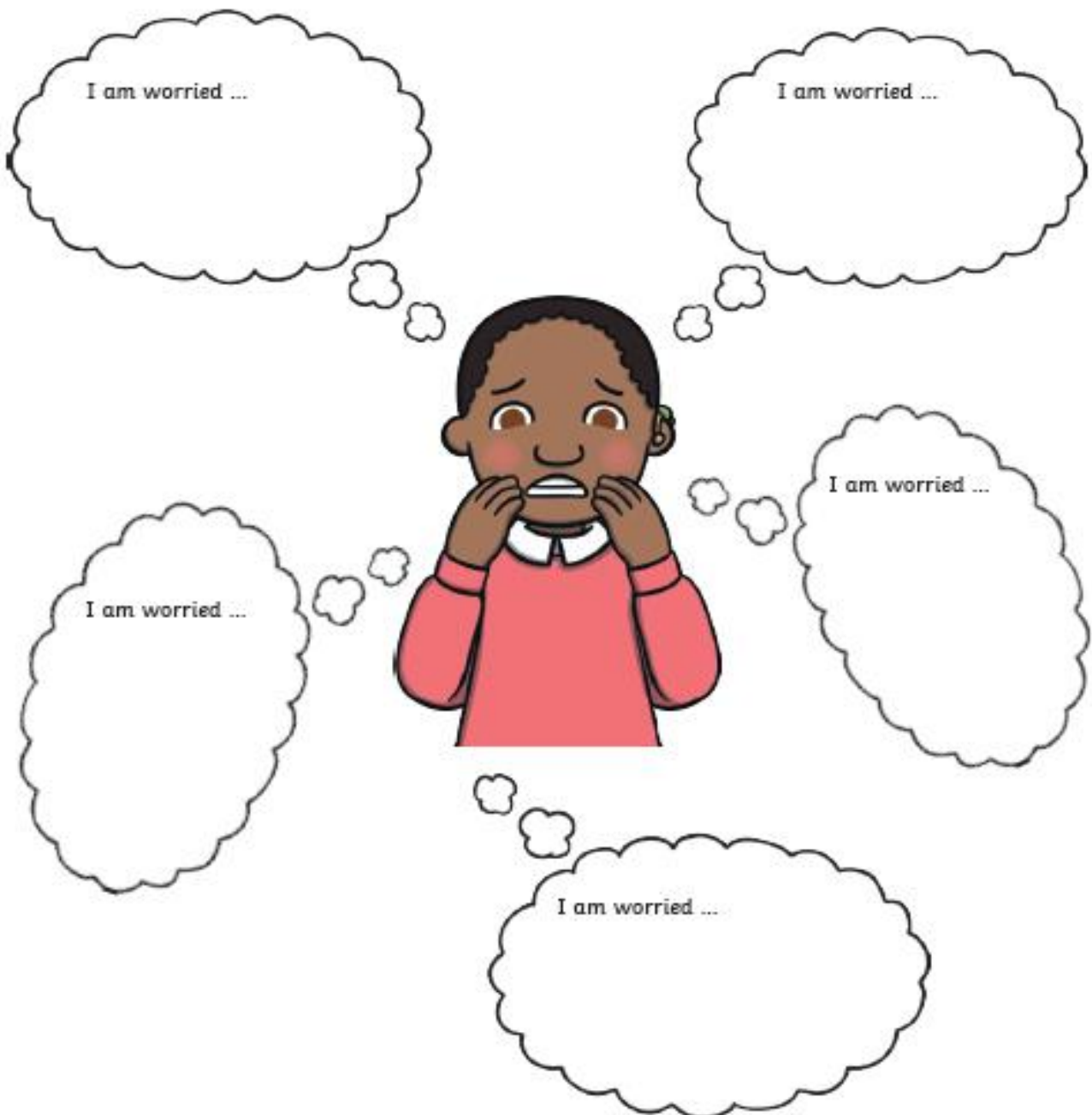
LI – I am learning how to cope with change.

This activity will ask you how you are feeling about COVID-19 and what you are worried about. You can talk through your examples with an adult.

Once you have completed your worries, please look at the activity of how to cope with and feel better about the changes that might happen because of covid-19.

Remember we are facing changes together!

What are your worries?



How will I cope?

